

## C441207 : MAJOR PHYSICAL EDUCATION

KEY WORD : TRAINING IN EXERCISING PROGRAM/PHYSICAL FITNESS/AIDS INFECTIONERS

PIYAWAN BANJONG : EFFECTS OF TRAINING IN EXERCISING PROGRAM ON  
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The purposes of this research were to study and compare effects of training in exercising program on physical fitness of aids infectioners.

Subjectes were 20 volunteered male aids infectioners in the first period of Wednesday Friends Club of Chulalongkorn Hospital and Niranam Clinic of Thai Red Cross Council. Before the experiment, the subjects were tested on physical fitness and measured the maximum oxygen uptake. They were divided into two groups by matching with ten persons for each group. The first group, exercised group was trained in exercising program which constructed by the researcher. The program composed of 3 activities by using aerobic dance, jog-walk and bicycle ergometer, trained with the 70 percent of the maximum heart rate of each person and trained for 10 weeks with 3 days a week and 30 minutes a day. The second group, non-exercised group wasn't trained in exercising program which econstructed by the researcher but had the efficiency to perform daily work. All two groups were tested on physical fitness after the experiment. The data were then analyzed in term of means, standard deviation and t-test were used to determine the statistically significant difference between groups. The statistical significance of .05 was used in this study.

It was found that:

1. The pre-test and the post-test of the maximum oxygen uptake and the muscle strength of exercised group were increased significantly difference at the .05 level.
2. The pre-test and the post-test of the maximum oxygen uptake and the muscle strength of the non-exercised group were not significantly difference at the .05 level.
3. There were statistically significant differences at the .05 level between two gorups by the exercised group had more than the non-exercised group.